



**DAYS OF
PRAYER &
FASTING**



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FASTING**

August 6th - August 27th



21 DAYS OF PRAYER & FASTING

Church-Wide Prayer Events

Tuesday, August 8, from 6:30-8:30pm

Community Prayer Walk

Meet at Harvest at 6:30pm. You will then be given some brief instructions, divided up into prayer walking teams, and sent to a variety of locations to pray for our community.

Tuesday, August 15, from 6:30-8:00pm

Prayer for the Harvest

This is a church-wide worship and prayer night. Our oversight team member, Clem Ferris, will be here to minister to us during this event.

Tuesday, August 22, from 6:00-7:00pm

Prayer for the Sick

The Harvest Elders will be available to pray for healing for those who are facing sickness.

'My house shall be called a house of prayer for all the nations'
– *Jesus (Mark 11:17: ESV)*

If my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land.
– *2 Chronicles 7:14 (ESV)*

The horse is made ready for the day of battle, but the victory belongs to the Lord.
– *Proverbs 21:31 (ESV)*

Dear Harvest,

The call for people to come to their loving Father in prayer is all over the Scriptures. Prayer is the chief form of communication with our God of relationship. Prayer is a weapon of our warfare. Prayer is a wondrous gift that allows our needs to be made known to our Sovereign King. Prayer is infused with a promise that if we – the church, “his people” – call on his name, have our hearts right before God, then God will hear and use us to further his will on earth.

That is why this year we are doing 21 Days of Praying and Fasting for the Harvest. The last week of August is our Life Group Fair Sunday. This kicks off our Fall season: the unofficial end of most of our summer outreaches, a new season of Life Groups, a new year for Harvest Kids and Harvest Students, and families are getting back into the school and work routine. It is the time of year when we see people return to church after a restful and fun summer. In short, it is the season of harvest: new people coming, students entering a new year, people beginning a new Life Group and journey in their spiritual lives. It is a season that we want to drown in prayer. I'm calling you to join along in our 21 Days of Prayer and Fasting for the harvest. You can do so in three simple ways:

1. Follow along in prayer with this 21 Days of Harvest Prayer Guide. Just 10-15 minutes a day will allow you to connect with God, experience his presence, and pray along with your church family, for the Harvest.

2. Attend our Tuesday night prayer meetings. We will have three prayer meetings on Tuesday nights. These will be times to come together to pray for our city, pray for our leaders, and pray for the sick among us.

3. Sign up for the vision. If you are not on our SERVE Team, join one. If you are not in a Life Group, join one or volunteer to lead one. After spending three weeks praying for the harvest, you can be one of the workers in the fields ready to reap the fruit of those prayers.

I am excited to take this journey with you. Let's join together in prayer asking God to help make Harvest so much better at reaching people and building lives.

Many Blessings,



Lead Pastor
Harvest Community Church

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Fall Life Group Information

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A PRAYER GUIDE WITH DAILY FOCUS FOR 21 DAYS

Set aside time each day to use this guide to pray for the focus of that day.

Here are some recommended ways to pray and open your heart to God during these 21 days¹:

- 1. *Humble yourself.*** Ask God for forgiveness for yourself and our land. God promises that if we, who are called by His name, humble ourselves, and pray and seek His face and turn from our wicked ways, He will hear from heaven, forgive our sins and heal our land. (2 Chronicles 7:14)
- 2. *Seek God.*** Declare your dependence on God in every area of your life.
- 3. *Pray for His Kingdom to come.*** Pray that many will be saved and for revival in our generation.
- 4. *Ask to hear from heaven.*** Invite the Holy Spirit into your life, church, community, city and nation. Pray for signs, wonders and miracles that will bring salvations and lives transformed.
- 5. *Believe God will answer your specific prayers.*** Give all of yourself to Him and trust Him to take care of you.
- 6. *Pray for others.*** Pray for them to grow in faith, find freedom and discover their purpose in Jesus.

As we all pray and fast, expect to grow deeper in your relationship with God and with each other. We are in this together! This guide will bring our thoughts to the same focus each day.

¹ These six points, the layout and some of the text included in the prayer guide are taken from the book, "Worry, Cry, Argue, Fight Pray First," by Chris Hodges.

The Model Prayer

THE LORD'S PRAYER

Pray then like this:

Our Father in heaven, hallowed be your name.

Your kingdom come, your will be done, on earth as it is in heaven.

Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil. — Jesus (Matthew 6:9-13: ESV)

The prayer of Jesus, known as the Lord's Prayer, was meant to be a model of HOW to pray; not just words we say and repeat. That is why Jesus said, "***Pray then LIKE this.***"

Below is the general outline of how to pray according to this model prayer. We encourage you to use it in your prayer time over the next 21 days.

START WITH WORSHIP

"Our Father in heaven, hallowed be your name."

- Start by telling God how great he is.
- Start by listing what you are grateful for.
- Perhaps listen to or sing some worship songs.

PRAY THE FATHER'S AGENDA FIRST

"Your kingdom come, your will be done, on earth as it is in heaven."

- Take a moment and listen to the voice of God. What is he telling you to do?
- Ask God for direction in your life.
- What is something God wants you to pray for?
- Is there a place where your life is not in line with God's will?

DEPEND ON HIM FOR EVERYTHING

“Give us this day our daily bread...”

- Thank God for what he has provided.
- Ask God to provide for your physical, mental, emotional, spiritual, and financial needs.

GET YOUR HEART RIGHT

“... and forgive us our debts, as we also have forgiven our debtors.”

- Ask God to search your heart for any sins you need to confess.
- Ask God to forgive you.
- Ask God to search your heart to reveal anyone you need to forgive.
- Forgive them.

DO SPIRITUAL WARFARE (DELIVER US)

“And lead us not into temptation, but deliver us from evil.”

- Ask God to reveal his truth to you in every decision you make today.
- Ask God to fill you with His Holy Spirit so that you can say “no” to temptations and walk in his grace.
- Ask God to reveal any lies you are believing now about him or others.
- Rebuke those lies and draw near to God.

DECLARE YOUR FAITH!

(For Yours is the kingdom, and the power, and the glory, forever. Amen.)²

- Declare that all rulership comes from King Jesus, and you will serve him alone.
- Declare that all power comes from King Jesus and ask him to allow you to walk in that power.
- Declare that all worship should be to King Jesus and commit to worshipping him today in all your words, actions and attitudes.
- Declare your desire to do this forever.

² This statement was included in the Lord’s Prayer in the original KJV translation of the Bible. However, the earlier manuscripts of the New Testament do not include it with the words of Jesus. It was, however, very likely a response said by the early church upon finishing the prayer of Jesus during worship services and liturgy. That response became part of our church tradition and, in some cases, was included in some Bible translations.

WEEK 1: ALL ABOUT JESUS

*“Our Father in heaven,
hallowed be your name.
Your kingdom come,
your will be done,
on earth as it is in heaven.”*

— Jesus



SUNDAY, AUGUST 6, 2023

Rest & Reflection

“Remember the Sabbath Day to keep it holy.” (Exodus 20:8 NIV)

PRAYER ACTION

Attend church. Spend time in rest and reflect on Jesus.

PRAYER REFLECTION

Write down what you will remember about God’s goodness to you today-conversations with friends, the sermon message, an activity that brought rest and joy to you, etc. and thank him for it.

PRAYER OF WORSHIP

Spend some time and list some things you are grateful for.

MONDAY, AUGUST 7, 2023

Dependence on Him

***“Let me hear in the morning of your steadfast love, for in you I trust.
Make me know the way I should go, for to you I lift up my soul.”
(Psalms 143:8 ESV)***

PRAYER ACTION

Take a few minutes to get quiet. Read the verse above several times, slowly thinking about each word. What sticks out to you?

PRAYER REFLECTION

As you bring your heart and attention to God today, declare your dependence on Him in every area of your life. List areas where you need God in your life.

PRAYER OF DEPENDENCE

Ask the Holy Spirit for his help, comfort and strength to be with you throughout the day. Tell him what you need.

TUESDAY, AUGUST 8, 2023

Surrender all areas of your life to God

“...Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don’t become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God...”
(Romans 12: 1-2 MSG)

PRAYER ACTION

Take a few minutes to get quiet. Read the verse above several times, slowly thinking about each word. What sticks out to you?

PRAYER REFLECTION

How would your life change if you lived it according to the verse above?

Is there something in your life you need to give to God in order for you to live more like him?

PRAYER OF SURRENDER

Tell God you want to draw closer to him and ask him to conform you to the image of Christ.

REMINDER: Prayer Walk for our city, tonight at 6:30pm at Harvest.

WEDNESDAY, AUGUST 9, 2023

Worship Him

“Praise the Lord! Praise, O servants of the Lord, praise the name of the Lord!” (Psalms 113:1 ESV)

PRAYER ACTION

Play some worship music. Sing along or pray your worship to God. Worship God for who He is and for His magnificent character.

PRAYER REFLECTION

Spend some time reflecting on the wonderful names or attributes of God and thank him for what they mean to you. Here are several to get you started:

What does it mean for God to be your Righteousness?

What does it mean for God to be your Healer?

What does it mean for God to be your Banner of Victory?

What does it mean for God to be your Shepherd?

What does it mean for God to be your Peace?

What does it mean for God to be your Provider?

What does it mean for God to be your Comforter?

What does it mean for God to be your Constant Companion?

What does it mean for God to be your Defender?

What does it mean for God to be your Counselor?

PRAYER OF GRATITUDE

List out some things you are grateful for. Give thanks to God for his faithfulness in your life.

THURSDAY, AUGUST 10, 2023

Be Broken Before Him

“If we confess our sin, He is faithful and just to forgive us our sin and to cleanse us from all unrighteousness.” (1 John 1:9 ESV)

PRAYER ACTION

Take a moment and write one word that would describe the state of your soul.

Now, write out a few reasons you chose that word.

PRAYER REFLECTION

Ask the Holy Spirit to show you anything in your life that needs to be forgiven. Write it down below. Confess the sin to Him and receive God’s grace and mercy.

PRAYER OF GRACE

Confess to Jesus that you need his grace. Thank him for his joy and forgiveness.

FRIDAY, AUGUST 11, 2023

Listen for His Voice

“My sheep hear my voice, and I know them, and they follow me.”
– Jesus (John 10:27 ESV)

PRAYER ACTION

Set aside some time today to just be still in his presence and listen to what he wants to say to you. Write it down below and thank him for speaking to you:

PRAYER OF DISCERNMENT

When you get a chance, show what you wrote above to a trusted spiritual leader (Life Group Leader, mentor, etc.). Ask them if they think you have heard correctly. Remember, wisdom is found in many counselors.

REMINDER: SERVE DAY at Harvest tomorrow at 8:30am. Come and help us serve our city!

SATURDAY, AUGUST 12, 2023

Cast all your cares on Him

***“Don’t worry about anything; instead pray about everything; tell God your needs, and don’t forget to thank Him for His answers.”
(Philippians 4:6 TLB)***

PRAYER ACTION

List things you are worried about or are consuming your thoughts and emotions right now.

PRAYER OF RELEASE

Go through each item on your list above. Below, write/pray the following for each one, “Jesus I give _____ to you. I declare that you are Lord over that situation, not me.” When you are done, write the following prayer out, “Jesus, give me the peace and wisdom to know how to trust you in all things and only do what you are asking me to do.”

WEEK 2: GOD'S WORK IN ME

*Give us this day our daily bread,
and forgive us our debts,
as we also have forgiven our debtors.
And lead us not into temptation,
but deliver us from evil.”*

— Jesus



SUNDAY, AUGUST 13, 2023

Rest & Reflect

“Remember the Sabbath Day to keep it holy.” (Exodus 20:8 NIV)

PRAYER ACTION

Attend Sunday services. Connect with people. Enjoy time with family. Take some time to rest and reflect on Jesus.

PRAYER REFLECTION

Write down what you will remember about God’s goodness to you today—conversations with friends, the sermon message, an activity that brought rest and joy to you, etc., and thank Him for it.

PRAYER OF PREPARATION

Ask the Holy Spirit to fill you and prepare you for this coming week.

MONDAY, AUGUST 14, 2023

My Freedom

***“It is for freedom that Christ has set us free. Stand firm then, and do not let yourselves be burdened again by a yoke of slavery.”
(Galatians 5:1 NIV)***

PRAYER ACTION

Thank God for the freedom you have in Christ; freedom from being a slave to sin and the lie that says, “it’s all up to me”. We live in his freedom as we allow the Holy Spirit to fill us. Thank him for the fruit of the Holy Spirit being demonstrated in your life—love, joy, peace, patience, goodness, kindness, faithfulness, gentleness and self-control.

PRAYER REFLECTION

List any areas of your life that you are trying to manage on your own. Ask God to show you his grace in these areas.

TUESDAY, AUGUST 15, 2023

My Relationships

“The Lord is great and awesome. We can fight in prayer for our families and homes.” (Nehemiah 4:14)

PRAYER ACTION

List some of the important people in your life – immediate family, loved ones, and close friends.

List some of the people you are praying for to come to know Jesus.

List some of the people you have a broken relationship with.

PRAYER FOR PEOPLE

Spend time praying for the people you have listed above.

PRAYER OF REFLECTION

Is there anything the Holy Spirit is asking you to do in any of these relationships? When are you going to do that?

REMINDER: Prayer & Worship night with Clem Ferris tonight at 6:30pm at Harvest.

WEDNESDAY, AUGUST 16, 2023

My Growth

***“But speaking the truth in love [in all things—both our speech and our lives expressing His truth], let us grow up in all things into Him [following His example] who is the Head—Christ.”
(Ephesians 4:15 AMP)***

PRAYER ACTION

What are two areas in your life you would like to grow in spiritually? List them below. Tell God why you want to grow in these areas.

What is one action you can take in order to grow in these areas (a Life Group to attend, a leadership role to volunteer for, a book you need to read, or person you need to talk to)? Write down that action step below.

PRAYER OF FAITH

Ask God to help you grow and mature in your faith. Ask him to give you the Spirit of wisdom and revelation to know him better.

THURSDAY, AUGUST 17, 2023

My Purpose

***“For we are God’s masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.”
(Ephesians 2:10 NLT)***

PRAYER ACTION

Thank God for calling you to serve alongside him and for your unique gifts and abilities. Ask the Holy Spirit to show you opportunities to use your gifts to serve Jesus today.

PRAYER OF REFLECTION

As we have spent time praying for the harvest these last few days, what role does God want you to play in reaching people and building lives at Harvest this Fall (Life Group Leader, SERVE Team member, Harvest Academy)?

List out what you believe God is calling you to do this Fall. What step will you take?

FRIDAY, AUGUST 18, 2023

My Healing

“He himself bore our sins in his body on the cross, so that we might die to sins and live for righteousness, by his wounds you have been healed.” (1 Peter 2:24 NIV)

PRAYER OF REFLECTION:

List some of the ways God has healed you in the past. Take a moment and thank him for those healings.

PRAYER OF FAITH:

Ask him to heal any physical or emotional brokenness that you are experiencing today.

Ask him to heal friends and family members in your life.

SATURDAY, AUGUST 19, 2023

My Blessing

“Praise be the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ.” (Ephesians 1:3 NIV)

PRAYER ACTION:

Give thanks to God for all the ways he has been good to you. Write down at least five things to specifically thank Him for today.

PRAYER OF FAITH:

Ask God for more blessing in your life.

WEEK 3: INTERCESSION

Our Response...

*“For yours is the kingdom, and the power, and the glory,
forever. Amen!”*

Early Church Liturgy



SUNDAY, AUGUST 20, 2023

Rest & Reflect

***“Remember the Sabbath Day to keep it holy.”
(Exodus 20:8 NIV)***

PRAYER ACTION

Attend Sunday services, connect with people, spend time with family, take some time to reflect on Jesus.

PRAYER REFLECTION

Write down what you will remember about God’s goodness to you today—conversations with friends, the sermon message, an activity that brought rest and joy to you, etc., and thank him for it.

PRAYER OF PREPARATION

Ask the Holy Spirit to fill you and prepare you for this coming week.

MONDAY, AUGUST 21, 2023

Prayer For Our Leaders

“First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people, for kings and all who are in high positions, that we may lead a peaceful and quiet life, godly and dignified in every way.”
(1 Timothy 2:1-2 ESV)

PRAYER ACTION

Write down below some of the leaders in your life you are grateful for.

PRAYER OF FAITH

Pray a blessing over the lives and actions of the following leaders:

Pray for parents.

Pray for teachers.

Pray for Life Group Leaders.

Pray for SERVE Team Leaders.

Pray for Pastors and Ministry Staff at Harvest.

Pray for city government-- mayor, school system, etc.

Pray for state leaders-- legislature, judges, governor.

Pray for national leaders-- President Biden, Congress, and our Supreme Court.

TUESDAY, AUGUST 22, 2023

Pray for Our Missions

“But you will receive my power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth” (Acts 1:8 NIV)

PRAYER ACTION

Praying for the harvest includes the harvest in our city, region and around the world. Take time today to pray for the following ministry partners.

Local:

Downtown Ministries Inc. – Harvest’s non-profit ministry that is serving downtown Goshen through transitional housing, Jobs for Life, and other initiatives.

Parkside Elementary – K-4th grade public school in Goshen.

The Salvation Army – serving those in need in the Goshen area.

The Post Youth Center – serving teenagers in downtown Goshen.

Regional:

RETA (Reason Enough to Act) – Pregnancy and Family clinic and resource center.

World Missionary Press – printing and sending free Scripture booklets all over the world.

The Gideons International – printing and giving Bibles out regionally and all over the world.

International:

Ken and Becky Holderman – serving Central and South America.

Don and Vickie Layman – serving unreached people groups.

Del and Jeannie Penner – serving Germany.

Tanneken Fros – serving Mozambique.

Katrina – serving Asia.

Bob Tidd – serving Cuba.

Reggie and Ibelsa Stutzman – serving New York City.

Ron and Carolyn Klaus – serving Ethiopia.

Christy Hepner – serving through Globe International.

REMINDER: Prayer for the sick tonight at Harvest, from 6-7pm with the Harvest Elders.

WEDNESDAY, AUGUST 23, 2023

Pray for Our Church

“...I [Jesus] will build my church, and the gates of hell will not overpower it.” (Matthew 16:18 ESV)

PRAYER OF INTERCESSION

Pray for our leadership team at Harvest: Pastor Jeremy, Pastor Cory, Pastor Jim, Laura, and Patrick.

Pray for our elders: Adam, Don, Fred, Stan, Tim, and Ura. Ask God to give them wisdom, peace, joy, protection and good health as they serve us. Pray for their families.

Pray for our support staff: Amanda, Lori, Nancy, Ruth and Steve.

Pray for the Harvest Serve Team: Coffee Shop Team, Harvest Kids Ministry, Harvest Student Ministry, Hospitality Team, Prayer Team, Missions Team, Life Group Leaders, Security Team, and Worship & Tech Team.

PRAYER OF FAITH

Pray the following for our Fall Season.

We would see 10-15 more people come to salvation in Jesus this Fall.

We would see 10-15 more people get baptized this Fall.

We would see 15 - 20 more families come to Belong 101.

We would see more than 375 people in Life Groups this Fall.

We would see our SERVE Team grow.

THURSDAY, AUGUST 24, 2023

Pray for The Next Generation

“Children are a heritage from the Lord, offspring a reward from him.” (Psalm 127:3 NIV)

PRAYER ACTION

List the next generation people in your life – youth ages 0-18. How are you praying for them?

PRAYER OF INTERCESSION

Pray for the children/grandchildren in your family, that God will give you wisdom to know how to share God’s love and truth with them. Pray that they will discover God’s purposes for their lives, hear the Holy Spirit’s call to follow Jesus and have open hearts to learn what it means to be part of the Kingdom of God. Pray for protection and deliverance from the enemy’s influence over their minds, emotions and physical well-being.

Pray for marriages; that God will build strong and healthy homes among us.

Pray for children in our neighborhoods, schools, and community. Pray the Holy Spirit will draw them to Jesus and will give them revelation to know who God is and the good plans He has for their lives. Pray that they will be protected and delivered from evil influences.

Pray for Harvest Kids’ ministry and our Harvest Student ministry. Pray that the leaders will have God’s wisdom and anointing as they share His Word and His love.

FRIDAY, AUGUST 25, 2023

Pray for Unbelievers Who Need Jesus

“The Lord is not slow in keeping his promise, as some understand slowness. Instead he is patient with you, not wanting anyone to perish, but everyone to come to repentance.” (2 Peter 3:9 NIV)

PRAYER ACTION

List, below, the people you know who need Jesus. Pray for each of them by name.

Is there a simple way you can share Jesus with them?

PRAYER OF INTERCESSION

Pray for unbelievers in our city. Pray for all those who do not know God as their Lord and Savior, that they will hear and receive the Good News and invite Jesus into their lives

Pray that we would see 10-15 more people come to salvation in Jesus at Harvest this Fall.

Pray that we would see 10-15 more people get baptized at Harvest this Fall.

SATURDAY, AUGUST 26, 2023

Celebrate Our Victory

“But thanks be to God! He gives us the victory through our Lord Jesus Christ.” (1 Corinthians 15:57 NIV)

PRAYER ACTION

List some things you are grateful for. Spend time thanking God for them.

What are some things that God has revealed to you in the last 21 days? What does God want you to do with these revelations?

What are some unanswered prayers? How will you keep praying for them?

REMINDER: Tomorrow is Life Group Fair Sunday and Vision Sunday. Come prepared to be challenged by the vision we have been praying for and to find a place to connect in spiritual family.



SIMPLE FASTING GUIDE

Purpose of Fasting

Fasting is not the suppression of desire but the intense pursuit of it... Fasting confirms our utter dependence upon God by finding in him a source of sustenance beyond food. – Sam Storms

The purpose of fasting is, in a practical sense, to replace something that we consider a daily necessity (food) or daily source of pleasure (hobby or activity) with an intense focus on God (prayer). It declares to ourselves and to God that He is the greatest pleasure, necessity, and source of life. Fasting is a physical way to declare, “we are dependent upon God alone, and God alone is our greatest desire.”

Simple Ways to Begin Fasting

If you do not fast regularly, we recommend you begin with one (or two) of the following for our 21 days of prayer and fasting.

- **24 HOUR FOOD FAST:** Begin by eating your normal evening meal at night. The next day, skip eating your breakfast and lunch meals and spend the time praying and seeking God. Then break the fast that evening with your evening meal again.
- **21-DAY LONG FAST OF A FOOD OR DRINK:** Take three weeks and fast from a favorite food or drink as a sign of your dependency upon God. Example, no meat or no dessert for 21 days, or no coffee, etc. Then spend some extra time praying and seeking God.
- **21-DAY LONG FAST OF A HOBBY OR ACTIVITY:** Pick a hobby or activity that takes time in your life, fast from it for three weeks and fill the time with prayer. For example, I am giving up social media for 21 days and will spend the time investing in praying by using the app Pray First.

Note: We encourage all those who are healthy to consider a food fast for 24hrs. However, fasting for more than that is not recommended unless you have had experience fasting and/or medical clearance to do so. Also, those with certain blood sugar conditions should consult a physician before conducting a fast.



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